

29 Aug 06

CSM ON WEAPONS IMMERSION

Story by

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Hwarang staff writer

Korea can go from being extremely hot to extremely cold while Soldiers attached to 8th U.S. Army train annually during the changing seasons, but for Soldiers deployed to Iraq, the training never ends.

In combat, the main defense for a Soldier under fire is his weapon. That's why this year a change was made to weapons training. The Soldiers from 8th U.S. Army were required to lock and load their weapons with blank rounds.

“The only difference between the weapons immersion being conducted here opposed to the weapons immersion in Iraq is, we use blank rounds instead of live rounds,” said Command Sgt. Maj. Barry C. Wheeler, command sergeant major for the United Nations Command, Combined Forces Command, U.S. Forces Korea and 8th United States Army.

In a combat situation, a Soldier will have to use his weapon. At UFL, Soldiers are never without their own individual weapons. They eat, sleep, and work with them to build a sense of familiarity.

“My weapon is one of the most important tools I have. Personally, it takes precedence over anything else I’ve been issued. I treat it like an extension of my body and I never leave it anywhere out of arms reach.

One day it might save my life,” said Pvt. Courtney J. Bowie, a paralegal specialist for 8th U.S. Army’s Staff Judge Advocate.

The 8th U.S. Army command sergeant major said he believes that every Soldier should be very familiar with their weapon.

“If a Soldier had to use his weapon in combat, we wouldn’t want it to be his first time handling a weapon,” Wheeler said.

Along with weapon familiarity, the 8th U.S. Army command sergeant major also wanted Soldiers to know the importance of weapons clearing.

“Safety takes precedence in weapons training, since weapons are designed to kill. That’s why training on weapons clearing is a must during weapons immersion training,” Wheeler said.

The exercise became a learning experience for many Soldiers.

"I'm a Soldier, but I haven't really had the chance to use my weapon. Being here at UFL, has provided me the chance to learn more about weapons safety and weapons clearing," said Pvt. Joon Hwan Pyo, a translator for 8th U.S. Army's Joint Intelligence.

The Army has put pre-



Photo by Pfc. Brandon Moreno

Wheeler explains the importance of the weapon card to Soldiers from 18th Medical Command.

cautions in place for weapons clearing.

“While performing weapons clearing procedures, a noncommissioned officer should be present to check and inspect the Soldier and the weapon,” Wheeler said.

He wants Soldiers to stay focused.

“Soldiers need to remember to keep their minds focused on the task at hand because ultimately, every Soldier is a warrior first,” Wheeler said.

Weather in Daegu

AUG 29

High T Low T

92 F 72 F
33 C 22 C

AUG 30

High T Low T

83 F	69 F
28 C	21 C

AUG 31

High T Low T

84 F 68 F
29 C 20 C

HWARANG

Small Arms...

IS DRY FIRING *BAD*?



Dear Half-Mast,
Here in Iraq we dry fire our weapons into a clearing barrel at almost every entry control point. That means some days we're dry firing a weapon as much as 12 times. We're wondering if all this dry firing hurts our weapons?

SFC C.F.

Dear Sergeant C.F.,

You bet repeated dry firing hurts your weapons. It slams the bolt on an empty chamber without the cushion of a cartridge case to help absorb the impact. So repeated dry firing will lead to increased wear and damage to the bolt and chamber. If the damage or wear isn't caught during PMCS and the bolt or barrel isn't replaced, the weapon could fail in combat.

All that dry firing isn't necessary to make sure a weapon isn't loaded. Every weapon's -10 TM gives the procedure for clearing a weapon and making sure it's safe. Commanders can save wear and tear on weapons by having soldiers do the -10 procedure instead of dry firing.



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1. Point the weapon in a safe direction and place the selector lever on SAFE.

2. Press the magazine catch button and remove the magazine.



3. Pull the charging handle back to lock the bolt open.



4. Press the bottom of the bolt catch and let the bolt move forward until it engages the bolt catch. Let the charging handle slide back into place. Make sure the selector is still on SAFE.

5. Check the receiver and chamber to make sure they contain no ammo.



6. With the selector still on SAFE, let the bolt go forward by pressing the upper portion of the bolt catch.



You can do this check in three minutes and save the wear and tear on your rifle or carbine that dry firing causes. And all the machine guns and the M9 pistol have similar quick clearing checks in their -10 TMs.

Half-Mast

Voice of the Hwarang Staff (AUG 2006)

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KOREAN TONGUE

By Pvt. Nam, Jin-yung / KATUSA

#Essential Expressions

A: How is it going today? You look so tired.

A: Oh - Neul - Uh - Tae - Yo? Pee - Gohn - Hae - Boh - Im - Nee - Dah.

B: I have lots of work to do today.

B: Oh - Neul - Hahl - Il - Ee - Mahn - Ah - Yo.

A: Do you want me to help you out?

A: Jae - Gah - Doh - Wah - Du - Ril - Kah - Yo?

B: That would be really good. Thank you!

B: Nae - Jo - Ah - Yo. Gahm - Sah - Hahm - Nee - Dah!

A: Let's get busy and finish this work!

A: Woo - Lee - Gee - Woon - Naep - See - Dah!

#Military Term

Drill & Ceremony

Fall in! : Jip - Pop

Fall out! : Hae - Sahn

Attention! : Chah - Lyut

Parade, rest! : Yul - Joong - She-Eh

At ease! : She-Eh

Right face! : Woo - Hyang - Woo

Left face! : Jah - Hyang - Jah

About face! : Dee - Loh - Dol - Ah

Post! : Ah - Proh

Count off! : Buhn - Hoh



Returning to Korea: One Reservist's Story

By Capt. Stacy Ouellette

Machine parts painting in Lafayette, Ind, might have slowed down in the last few weeks.

Machine parts painter and Indiana State University Human Resource Management graduate student Spc. Chad Nixon has been busy at Ulchi Focus Lens working as a human resource specialist.

Nixon, an Army Reservist from 8th U.S. Army CONUS, is one of more than 500 Army Reserve Soldiers who deployed in support of UFL.

Each year hundreds of Reserve Soldiers come to the Republic of Korea to participate in UFL.

Although new to this exercise, Nixon is no stranger to the Republic of Korea. He served on active duty as a combat engineer at Camp Howze prior to joining the Reserves. He didn't expect to return to Korea.

UFL provides Nixon with the opportunity to prac-

tice his skills in his new military occupational specialty.

"I have learned that I still have a lot to learn when it comes to software and slideshow presentations. I dealt with them in college, but still need more experience in using them," said Nixon.

The primary purpose of Nixon coming to the exercise is to participate in UFL. His unit does allot him a few days afterwards to enjoy Korea prior to returning.

"I would like to go take a Demilitarized Zone tour because I neglected to do so when I was stationed here," he said.



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The Benefits of Stretching

Story by

Pvt. Jun, Min-soo / KATUSA

8th U.S. Army Public Affairs Office

Hwarang staff writer

A long day of working in the office sometimes can make one feel exhausted or grumpy. Stretching might be the answer. Stretching is the easiest of all physical exercise. It is the ideal remedy for long periods of sitting in front of the computer. "Many people on the computer may need to remember to get up and take a break from the computer every hour. We should not be sitting for more than an hour, at least get up and stretch" said Col. Kenneth Batts, Chief of the Department of Family Medicine and Emergency Medical Service, Tripler Army Medical Center. "Sitting in a chair, you also can do some stretching such as moving your ankles around in a circular motion as well as up and down. You can also extend and flex your knees," said Batts. Regular stretching throughout the day will minimize muscle tension, anxiety, stress and improve circulation. It also makes work easier and tunes the mind into the body.

The Right Way to Stretch

1. Breathe easily and relax.
2. Tune into your body.
3. Focus on the muscles and joints being stretched.
4. Feel the stretch, no bouncing and no pain.

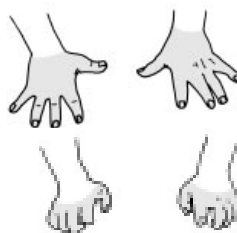
Hand, Wrist and Forearm Stretches

Here is a series of stretches for the hands, wrists and forearms. If one has repetitive strain injury problems, do not do any stretches that cause pain. Proceed with caution. If one does not have an RSI-type problem, the surgeon recommends following this routine as preventative medicine.

1. First, interlock fingers and rotate 10 times clockwise & counter clockwise.



2. Roll & un-roll fingers for 10 seconds.



3. Pull each finger & thumb gently 4 times each direction, do both hands.



4. Rotate each finger & thumb gently 4 times each direction, do both hands.



5. Move both fists inward and outward for 5 seconds, do twice.



6. Cross right arm over left with palms facing in and interlock fingers.



7. Shake each hand for 10 seconds.



8. Put palms together in front of your chest and push inward and down.



Forward bending stretch

1. Bend over at the waist letting the torso dangle.
2. Reach forward trying to touch the toes for one to two minutes.

<Reference: http://www.shelterpub.com/_fitness/_office_fitness_clinic/OFC_how_to_str.html>